

Norman Park Center

September/October 09

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United Through Reading Grandparent Program

Wed, September 23rd 9:30am - 12:30pm

The United Through Reading program allows grandparents to read a special book for their grandchildren and weave in family legacies while being recorded on DVD. In addition to the bonding experience, grandparents serve as a reading role model and encourage a love of reading. United Through Reading brings all equipment and materials, including a small book collection. Grandparents receive their special DVD within minutes after recording. Call for an appointment at (619)691-5086.

Senior Shield Presentation

Wednesday, September 30th 1:00 pm

Scams are everywhere you look. From T.V. with offers of extending your car's warranty to newspaper ads claiming great earnings from work at home, how do you know what is a great offer and what is a ruse? Senior Shield, Elder Law & Advocacy's newest program is here to help! Come meet lead attorney Shaun McGrady when he presents information on how to keep your assets safe and protect yourself from scammers. He will also discuss the latest scams in the San Diego area. Please call (619)691-5086 to register. Ice Cream sundaes will be served!

CV Senior Club Oktoberfest Dance

Thursday, October 1st 1:00 - 3:00 pm

Please join the Senior Club as they celebrate Oktoberfest with an afternoon of music by Billy Harper and dancing. We'll be floating in beer (root beer that is) and door prizes will be given. So break out the lederhose and dirndl skirts and join us for some fun!

Ghostly Greetings To Our NP Women

Thursday, October 22nd 11:00 am

You are invited to partake in a day of ghoulish delight and some wicked good fun, as we meet once again for lunch and a movie. If you dare, join the Transylvanian "best dressed list" with your Halloween attire and you could win a prize! Reservations Required! Call (619)691-5086 or sign up at the center by October 19th.

Special Notices

Free Legal Services

Elder Law & Advocacy provides free legal services to seniors over the age of 60. An attorney is available to meet with seniors at Norman Park Center. For an appointment, call (858)565-1392



Senior Center Tour and Orientation

Thursday, September 10th & October 1st 11:00 am

Learn about all the activities and services available at Norman Park and enjoy a guided tour of our facility. Meet in the conference room next to the main office.



Shuffleboard

Join us on Tuesday & Thursday mornings from 9:00 am to noon. Don't know how to play? No Problem! We will teach you. You will have a GREAT time!! Contact Jeff at 422-6696 or sign up at the hostess desk.



Reverse Mortgage Workshop

Mon, Sept. 21st 10:00 am

Are you curious how a reverse mortgage works or if it would be a smart step for you? Ed Pasqual, a reverse mortgage Consultant with MetLife Bank will be here to answer your questions and explore your choices.

Halloween Fun

Wed, October 21st 10:00 am

Join our staff to make a Halloween craft and enjoy some spooktacular refreshments.

Visit the Recreation Department website:

WWW.ChulaVista.Gov/Rec



Watercolor Painting Class

Mondays, October 19 - December Break

9:00 am - 12 noon

Cost: \$70.00 for ten week session

Judy Helton is teaching a watercolor painting class. Students will learn a variety of techniques while working with the following subjects: still life, land, water, animals, flowers and architecture. Supplies available in class.

Parkinson's Disease Support Group

Every 1st Tuesday 10:30 am

A new Parkinson's support group meets every 1st Tuesday in the Norman Park Conference Room. For more information please call Flora at (619) 420-0076.

Senior Pilates Program

Mon. & Wed. 7:30 - 8:30 am

Want to create a body that looks and feels ageless? Need to build strength and improve balance? Looking for ways to reduce or eliminate back and joint pain? Want to improve flexibility? Then pilates is for you! Receive a t-shirt with registration.

Cost: 4 weeks \$24.00 residents \$30.00 non-residents

TAI CHI

Wednesdays 9:30 - 10:30 am

Join Dan Mariano and our Tai Chi Class! Dan uses 8 Form Tai Chi and Qui Gong energy cultivation in the body. Each class starts with stretching and breathing and is great for helping seniors with that range of motion.

Cost \$3.00 Per session

Classic Film Series

Wed. October 7th 1:00 pm - Get in the mood for Halloween! See this classic 1944 Movie with a houseful of your favorite monsters and Elena Verdugo.

Special Notices

HICAP

HICAP, the Health Insurance Counseling and Advocacy Program, is available at Norman Park to help you with questions related to your medicine coverage. HICAP counselors also can help clarify how benefits are coordinated for any of you who have both Medicare and Medi-Cal. HICAP is the only program approved by Medicare and the State to assist beneficiaries with questions about your prescription drug coverage (including assistance with drug costs) and health care options in San Diego County, your rights as Medicare beneficiaries, and possible appeals of services or claims that have been denied by your plan. HICAP is part of the nationwide State Health Insurance Assistance (SHIP) network. HICAP does not sell, endorse or recommend any insurance or health care product. Call 1-800-434-0222 for a free appointment with a HICAP counselor at our site.



On The Road Again...?

We can be! If you are willing to make the trips with us!! Your Club, in response to the many requests by members on our surveys, has made arrangements to "open-the-trip-office" again! Day Tripper Tours has agreed to present a selection of tours at a "kick-off" meeting just before our Potluck on Thursday, October 12. With good levels of participation for their offerings we can expect to garner special benefits, such as a local bus pick-up. As you would expect prices have gone up "since the good old days" but certainly not prohibitive by today's standards. Also, to increase "our" numbers we can offer our trips to the community-at-large. Watch the schedule and check our bulletin boards for more information, as it becomes available.

CASUAL CRAFTERS

Wednesdays 9:30 am

Join this crafting group and make items to donate to the Veterans Home and other assisted care facilities. Yarn donations are also greatly appreciated! For more into please contact Ana Carson at (619) 429-9656.

Receive the Newsletter at Home **By Mail:** \$7.00 per year.
Please make your check out to the City of Chula Vista.



MEN'S GROUP & LUNCH

Tuesday, September 8th

Tuesday, October 13th

12:15 pm

The Men's Group will discuss men's health and social issues. This group is led by Dr. Michael Rosenblatt.

Lunch will be served. Please register for this monthly activity by calling 691-5086. The physician is provided by Scripps Health.

OUT 2 LUNCH BUNCH

Wednesday, September 9th,

October 14th

1:15 pm



This group emphasizes making new friends and socializing. Everyone pays for their own lunch. Join us on the 2nd Wednesday of each month. On September 9th, the group will have lunch at BJ's Restaurant in the C.V. Shopping Center. On October 14th, the group will be eating at Miguel's Cocina at the Eastlake Center.

Please call Shani at 691-5086 to register.

IT'S TIME TO DANCE!!



Country Line Dance

Tuesdays 9:45 am Advanced

10:45 am Beginners

Come learn Country Line Dance. It's a great way to exercise and socialize.

Fee: \$3.00 Residents \$3.75 Non-residents

Ballroom Dance

Mondays 1:00 pm

The ballroom dance class is looking for more members. This is your chance to keep up with "Dancing with the Stars"! Join this group on Mondays. The cost is \$2.00 for residents and \$2.50 for non-residents. No classes August 3rd-September 21. Fall classes begin September 28th.

Health & Safety

Anna's Wellness Column

"You may forget with whom you laughed, but you will never forget with whom you wept." – Author Unknown

As you age, many things can put you at greater risk for falling including vision problems, arthritis, multiple medications and muscle weakness. Falls can have devastating consequences, especially hip fractures. Many older adults who suffer a hip fracture will never return home after hospitalization and live independently again.

One of the best things you can do to lower your risk for falling and help you maintain your independence and quality of life is to engage in regular physical activity, including strength training and balance exercises. Classes which include these elements can be found at Norman Park Senior Center or at a location that sponsors the "Feeling Fit Club."

The Health Promotion team at Aging and Independence Services (AIS), San Diego's local Area Agency on Aging, started the Feeling Fit Club in 1999. It is found in 20 locations in San Diego County, including Towncentre Manor and Veteran's Park Community Center in Chula Vista. One-hour workout sessions are held two to three times per week, depending on location.

The Feeling Fit Club classes are also shown on the following television channels Monday thru Friday at 8:00 a.m. and 1:00 p.m.: Cox Channel 19 or 24; Adelphia Channel 26; and Time Warner Channel 124. Also, you can: request free fall prevention materials by calling AIS at 1-800-510-2020; attend a free 8-session "Matter of Balance" fall prevention class held in sites around the county (call 1-858-495-5500); and/or visit www.SanDiegoFallPrevention.org for more information.



Fitness Center

The Fitness Center is staffed with certified fitness trainers and has treadmills, elliptical cross trainers, bicycles, strength equipment, free weights, balls and bands. Trainers will instruct on how to use all equipment and will design personal training programs as part of your membership.

Membership and equipment orientation is required to use the fitness center.

- October, November, December
\$28 Residents
\$56 Non-residents
- September ONLY \$10.00

For Fitness Center hours and orientation times see page 12.

Scripps Health Talks



***Presented by the
Scripps Family Residency Program***
Refreshments Served. Please Register in Advance.

"Staying Out of the Emergency Room"

Mon., September 14th 10:00 am

Healthy living is the most powerful medicine of all. It requires no prescription and all the side effects are beneficial! Join us as we discuss living a healthy lifestyle and staying out of the ER.

"Depression"

Mon., October 12th 10:00 am

Depression is NOT a normal part of aging. It is a medical condition at any age. It's more than just the blues, as it differs in intensity, duration and how it interferes with your life. Learn how to recognize, treat and prevent depression in older adults.

Daily Events

Group	Day	Time	Group	Day	Time
Art-Watercolors (Begins July 27th)	M	9:00 am	(Strength Training)		
Bereavement (San Diego Hospice)	Th	1:00 pm	Exercise (Pilates)	M, W	7:30 am
Blood Pressure (Red Cross)	F	8:30 am			
Bridge Lessons	M	10:30 am	Quilting	Tu	1:30 pm
Bridge-Chicago	M, F	12:00 pm	Scrabble	M, W, F	12:30 pm
Bridge-Duplicate	W	12:30 pm	Shuffleboard	Tu & Th	9:00 am
Bridge-Round Robin	Th	12:00 p	Singing Seniors	Tu	1:30 pm
Casual Crafters	W	9:30 am	Spanish	W, F	9:45 am
Computer and Camera Club	W	1:00 pm	Spanish, Conv.	M,W,F	10:00 am
Computer Lab	W	12:00 pm	TOPS	F	12:00 pm
Computer Lab	F	10am-12 pm	Ukulele Class	Tu	10:00 am
Computer Lab	F	1:00 pm	World Affairs	M	10:00 am
Creative Writers	Tu	2:00 pm	Yoga (Chair)	W	7:15 pm
Dance-Ballroom	M	1:00 pm	Yoga	Th*	5:00 pm
Dance-Line/Adv.	Tu	9:45 am	Yoga	F	8:00 am
Dance-Line/Beg.	Tu	10:45 am			
Dance (Tues. Night)	Tu	6:30 pm			
Dance- Square (Calico Twirlers)	F (1st-3rd)	7:00 pm			
ESL	F	1:00 pm			
Exercise	M- Th	8:00 am			
Exercise (Longevity Stick)	Tu/Th	9:00 am			
Exercise (Longevity Stick)	Sa (Marina)	8:00 am			
Exercise	W	6:00 pm			

* No class the first Thurs of September and October

* Yoga Thurs pm

Cost: \$30.00 or \$5.00 per class

Line Dance	Tue	\$3/\$3.75 resident/non resident
Night Dance	Tue	\$5 for all
Square Dance	Fri	\$5 for all
Strength Tr.	Wed	\$1/\$1.25
Ballroom Dance	Mon	\$2/\$2.50
Pilates	Mon, Wed	\$24/\$30 - 4 Wks
Water Colors	Mon	\$70 - 10Wks

Classes Requiring Pre-registration

Name	Date	Day	Time	*Cost	Call to Register
AARP Driver Safety Program	Sept. 16 & 18 Oct. 16 & 21	W & F	12:30 pm	\$14.00	(619)641-702 0

Computer Classes - See Page 9



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1 11:00 Newcomers Conf. Rm 1:00 CV Senior Club Oktoberfest Tea Dance 6:30 Coin Club 7:00 SOBARS	2 1:00 Movie Time Rm 9	3 Fitness Center Open 8:30-11:00 Every Saturday!
4	5	10:30 Parkinson's Disease Support Group Conf. Rm 6:30 CV Senior Club Dance	6 1:00 Classic Film Series	8 11:00 Day Tripper Kickoff 12:00 CV Senior Club Potluck and Birthday Party	9 4 11:00 American/Korean Group Rm 9,10	10
11	12	12:15 Men's Group Lunch Rm 7 12:45 Investors Club Conf Rm 6:30 CV Senior Club Dance	13 12:00 Club Amistad Rm 9-11 1:15 Out 2 Lunch Bunch	15 8:30 Vision Support Group 9:30 CV Senior Club Board Mtg 11:45 Garden Club Rm 9-11	16 12:30 AARP Driver Safety Program Rm 10	17
18	19	9:00 Watercolors Class begins 12:30 La Ronda Rm 9,10 1:30 Sing-a-Long Fireplace 6:30 CV Senior Club Dance	20 10:00 Halloween Craft & Cookies 12:30 AARP Driver Safety Program Rm 10	22 11:00 NP Women's Group Lunch & Movie 12:00 Club Amistad Board Mtg. Rm 9,10	23	24
25	26	6:30 CV Senior Club Dance	27 12:00 Chula Vista Art Guild	29 12:00 Billiards Tournament 1:00 CV Senior Club Bewitching Birthday Bash	30 1:00 Movie Time Rm 9	31



September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		CLOSED	CLOSED	1:00 CV Senior Club Tea Dance 6:30 Coin Club Rm 9-10 7:00 SOBAR's Rm 11	CLOSED	5
6	7 Closed For Labor Day	8 12:15 Men's Group Lunch Rm 7 12:45 Investors Club 6:30 CV Senior Club Dance	9 12:00 Club Amistad Rm 9-11 1:15 Out 2 Lunch Bunch 3:00 Commission on Aging	10 12:00 CV Senior Club Potluck	11 11:00 American/Korean Group Rm 9,10	12 Fitness Center Open 8:30-11am Every Saturday!
13	14 10:00 Health Chat "Staying Out of the Emergency Room" Rm 9	15 12:30 La Ronda Rm 9,10 "Fiestas Patrias Celebra- tion" 1:30 Sing-along Fireplace 6:30 CV Senior Club Dance	16 12:00 CPR/First Aid Class 12:30 AARP Drive Safety Program Rm 10	17 8:30 Vision Support Group 9:30 CV Senior Club Board Mtg. 11:45 Garden Club	18 12:30 AARP Drive Safety Program Rm 10	19
20	21 10:00 Reverse Mortgage Workshop Rm 9	22 6:30 CV Senior Club Dance	23 9:30 United in Reading Conf. Rm 12:00 Chula Vista Art Guild Rm 9-11	24 10:00 CV Senior Club Bingo Rm 10 12:00 Billiards Tournament	25 9:30 CV Senior Club Board Mtg. 12:00 Club Amistad Board Mtg. Rm 9,10	26
27	28 10:00 "How to Live an Active Lifestyle with Arthritis & Diabetes	29 6:30 CV Senior Club Dance	30 1:00 Senior Shield Seminar "How to Avoid a Scam"			

Around Town Classes

Salt Creek Rec. Center

2710 Otay Lakes Rd. 585-5739

Table Tennis Wed 1:30 pm - 3:00 pm
Call For Details

Fitness Room

Mon-Sat 8am-9:45pm

Sun. 12-4:45pm

Fee: \$25 per quarter/residents.

Yoga

Mon. Wed. 6:30-7:20 10 weeks

Fee: Call For Fee

Veterans Park Recreation Center

785 E. Palomar 691-5260

Line, Ballroom, Salsa, Cha Cha, Merengue dancing, Yoga and Art classes offered.

Call center for days and fees.

Feeling Fit Exercise: Strength, Balance & Flexibility *Free

Tues./Thurs., 2:00 pm - 2:30 pm

Heritage Comm. Ctr.

1381 E. Palomar St. 421-7032

Aerobics

Tu / Th 9-9:50 am Call for Fee

Parkway Family

Aquatic Center

385 Park Way 691-5088

Lap Swim

M, W, F 9am to 3 pm, 11 to 1 pm

T, Th 11:00 am - 1:00pm

7:00 pm-8:30

Sat 1:00-4:00 pm

Call For Fees

Loma Verde Family Aquatics Center

1420 Loma Ln. 691-5081

Lap Swim

Mon- Fri 6:00 - 7:30 am

5:00 - 7:00 pm

Mon-Fri 11:00 - 1:00 pm

Water Aerobics

Call for fees

M W F 11:00 - 12:00 pm Water-walking

12:00 - 1:00 pm Deep Water Aerobics

Masters Swim Program 6-7:15 am MWF

J St. Marina Park

Tai Chi

Saturday 9:00 - 10:30am

Villa Serena

1231 Medical Ctr Dr. 934-8001

English as a Second Language

Monday 1:00 pm

Computer Class

Tuesdays 2pm

Southwestern College Class

St. John's Church 760 First Ave.

Body Dynamics and Aging Process

Tues./Thurs. Begins Aug. 18th
10:45am - 12:15pm

Instruction and conditioning for the maintenance of physical well-being. This class is free and seniors may join at anytime. For info call John Acosta, (619) 426-6736.



Special Notice



In Case of an Emergency!

"Together we can save a life"- American Red Cross
Wed, September 16th 12:00 - 4:00pm



Would it be worth \$25 (cost of materials) to you to know what to do in case of an emergency... at home, at a ball game, on the highway? (Normal cost: \$75). By special arrangements with the Red Cross and a little more than 5 hours of your time, YOU can be better prepared! This course consists of two parts: 1. CPR/AED and 2. First Aid. Class size is limited to 14. Call Norman Senior Center (619) 691-5086, or stop in person to register.

Special Notices



INTRO. TO COMPUTERS

Fridays, October 2nd & November 6th 10-12:00pm

This preview provides a hands-on introduction to computers using the Windows operating system. Basic components of a computer, the Windows Systems and controlling a mouse will be discussed. Free! Pre-registration is required. This class is designed for persons with NO computer skills/experience.

SENIOR TECH

Norman Park is no longer affiliated with the SeniorNet organization. It's a great group, and members may certainly renew their SeniorNet membership, if they would like. Beginning July 1st, the computer classes will be called "Senior Tech". As new class participants sign up, a \$10.00 "Senior Tech" fee will be charged per student.

Microsoft PowerPoint Class

This is a one on one class working with Microsoft PowerPoint 2003 to build slideshows. They make great Christmas gifts! To enroll in this class students should be at an intermediate level with their computer skills. This class is held in two 3 hour sessions. Timeframe will be determined with you and the instructor. If you use a laptop please bring it to class. For more information or to register call Danette at (619)691-5086.

Computer Corner

Senior Tech

Senior Tech Membership: \$10/yr

Class Fee: (all 4 week classes)

\$22 (residents) \$28 (non-resident)

Beginning Computer Classes

Monday, Oct. 19,26, Nov 2,9 9:00am-Noon

Thursday, Nov. 5,12,19, Dec. 1st 9:00am-Noon

This series of courses starts with the basics.
Materials are Based on Windows XP

Digital Photos and Stuff:

Thursdays, Sept. 10,17,24,Oct. 1 1:00pm-4:00pm

Thursdays, Oct. 8,15,22, 29 1:00pm-4:00pm

Intro to Internet:

Tuesday, November 3, 10, 17, 24 1:00pm-4:00pm

Intro to Email:

Monday, Sept. 14,21,28, Oct. 5 1:00pm-4:00pm

Thursday, Oct. 8, 15, 22, 29 9:00am - noon

Challenge Test

Do you feel you know enough about computers to be able to test out of the beginning classes? If so, pick up a challenge test at The Norman Park office and go to the Senior Tech lab on one of the times listed below and take the challenge test.

Lab Hours

Wednesday 1:00 - 3:00 pm

Friday 10 - 12 pm & 1 - 3 pm

Computer Class members may use the lab during hours listed.

Private Instruction

\$10 per session \$12.50 non-resident,

One on one instruction is available for Powerpoint, Internet, and Review of Basic Computer Skills. Ask in office for details.



Club News

Potluck & General Meeting

Thursday, September 10th 12:00 pm
Thursday, October 8th 12:00 pm

Please bring a potluck dish to share with 6 to 8 people. Afterwards, stay and participate in the Club General Meeting.

Bewitching Birthday Bash

Thursday, October 29th 1:00 pm

No bones about it, the CV Senior Club is conjuring up a frightfully fun time for all! Creepy crawley cake and ice cream will be served. September and October birthday folks are free all others pay \$1.00 at the door.

President Threatens Sadie Hawkins Day

"We need a few good men!" shouted Club President Barak O'Schlegal at a recent board meeting. "If not," he continued, "it is within my prerogative to proclaim September as "Sadie Hawkins" month, with all of its ramifications!" Single Gents-of-the-Norman, get thee post haste and hence to the Castle "green room" and signest up for a bit of socializing and plotting, for fun! (CC to Sir Lional Norman, the Enforcer!)

Wii Game to be Made More Available

Haven't had a chance to test your skills with Nintendo's Wii games, yet? We are pleased to announce that as well as regular Thursday activity (now, also before and after our potluck) the games (bowling, golf, baseball, tennis, and boxing) will be available on the 1st and 3rd Wednesday at 1:00pm. You need not be a professional athlete to participate and several of the games can be played sitting down! You'll be amazed how real the playing can be!



Guitar Class

Tuesdays 12 noon

The Senior Club is sponsoring a weekly guitar class on Tuesdays at 12pm. Bring your guitar and enjoy this new class with instructor, Robert Rivera.

Cost: \$5.00 per class

Volunteers Needed!

Host/Hostess 1/2 day per week, Candidates for Club Board, Telephone Tree Callers, White Elephant and Silent Auction Items, Yarn For Our Casual Crafters

Tuesday Night Dance

Tuesdays 6:30 pm

Join this great group every Tuesday Night for music and dancing!

*****\$5 at the door****

Sept. 8th - "Back to School Day"
Sept. 15th - "Cowboy/Cowgal Day"
Sept. 22nd - "Autumnal Equinox"
Sept. 29th - "Oh, Yes!...Formal Nite"
Oct. 6th - "Down on the Farm"
Oct. 13th - "Navy Birthday"
Oct. 20th - "Watch Your Step"
Oct. 27th - "Formal & Halloween Party"



Movie Time!

Friday, October 2nd 1:00 pm

A Los Angeles journalist befriends a homeless Julliard - trained musician, while looking for a new article for the paper. This outstanding film stars Robert Downey Jr. and Jamie Foxx.

Friday, October 30th 1:00 pm

Russell Crowe and Rachel McAdams star in this new drama and thriller. A team of investigative reporters work alongside a police detective to try and solve the murder of a congressman's mistress.

Popcorn will be served!

Special Notices

Volunteer Spotlight Elizabeth V. Maderazo

Elizabeth hails from the Philippine islands. She has called Chula Vista her home since 1997, but had the unique opportunity to live on both east and west coasts (New York and San Diego).

She is the proud mother of 5 children; 4 girls and 1 boy. Her children share a variety of fulfilling careers: her daughters in Nursing and Psychology, and her son is a civil engineer.

Elizabeth has volunteered at Norman Park since 1998 and considers Norman Park to be her second home. She expresses that the people at the center are warm and friendly. She feels accepted, and has established her identity as a result of her volunteering. Elizabeth said "...the people here have been a part of my life and my heart, I love you all." Elizabeth can be found leading her cheerful motivational skills and strong work ethic in the Fitness Center. Norman Park's Fitness Specialist Michele Schlanbush says "Elizabeth is a joy to work with. She is perceptive and anticipates the needs of our members. She has a cheery disposition and the members love her. I don't know what I would do without her."

Elizabeth's other interests include sewing, drawing, singing, dancing, and making crafts.



Count the Flags

The July/August Newsletter was loaded with 34 Flags. Congratulations to the winners:

Kay Brewer
John Crillo
Beverly Roush

Flu Season Bodes "ill will" For All

According to recent news releases, up to 40 percent of the US population could be stricken with the H1N1 virus this season! Be this forecast accurate or no, it behooves all of us to be extra cautious in the coming months. Our kitchen is on "red alert" and we will be as "antiseptic" as possible! "Pot-luckers" MUST JOIN US in this all-out effort to practice good sanitation. Frequent hand-washing is an absolute necessity! We will notify you as soon as we find out when flu shots will be available. If you are feeling flu-like symptoms. Please stay home and call your doctor.

Living an Active Lifestyle with Arthritis, Diabetes

Mon, September 28

10:00am

Do you have Arthritis? Are you Diabetic? Learn some ways to help you live an active lifestyle. Tony Tamburrino of Lynncore Med group, a medicare B provider will offer information on assistive devices.

BILLIARDS TOURNAMENT

12:00 pm

Thursday, September 24th

Thursday, October 29th



The sign up sheet is in the Pool Room.

Count the "Witches" Contest

Count the Witches Contest

Name:

Phone:

Number of Witches:



Center Operations

Senior/ Human Services Supervisors

Recreation Supervisor III Kathy Wigginton

Senior/ Human Services Staff

Lorraine Abril
Michele Schlanbush Kristen Johnson
Jim Craig Frank Martinez
Shani Crawley Danette Myers
Terris Lerma Yadira Sanchez
Pedro Garcia Anna Solis
Adolfo Herrera Christopher Taylor

Phone Numbers

Receptionist: 691-5086
Hostess Desk: 691-5023
Trip Office: 476-5356
Information & Referral 691-5087

New Hours of Operation

270 F St. Chula Vista, Ca. (619) 691-5086

M, T, W, F 8:00 am– 4:00 pm

Thursday 8:00 am– 7:00 pm

Fitness Center Hours

Mon., Wed., Fri. 10:30 am - 2:00 pm

Tues., Thurs., 8:00 am - 11:30 am
5:00 pm– 7:00 pm Mon-Thurs.

8:30 am– 11:00 am on Saturday

Free orientations Mon. - Fri. at 11:00 am, Mon-Thurs. at 5:30 pm, and Saturday at 9:30. Pre-registration for orientation is recommended.

As a recipient of federal funds, the City of Chula Vista cannot discriminate against anyone on the basis of race, color, sex, religion, national origin, age, mental or physical disability. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination, with either the City of Chula Vista Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.



Recreation Department
Norman Park Senior Center
270 "F" Street
Chula Vista, CA 91910